


Agenda for Eastern XC Parents Meeting 7/22/25

Coaching Staff

Mike Horan- Head Coach michael.horan@jefferson.kyschools.us 502-807-1165
Peter Reed- Head Coach peter.reed@jefferson.kyschools.us
Carl Lord, Carol Bryar, Steve Jewell, Lori Powers, Mike Rowles, Hannah Ellis- Assistant Coaches




To do as you arrive:

- **Have you paid the \$60 Athletic Fee (1 time per year for multi-sport athletes):**
https://www.myschoolbucks.com/ver2/prdembd?ref=ZZHVZSO5PZ05PEM_ZZUMZR1T1JCVUZ8
- **Athlete not on Printed Roster:**
<https://docs.google.com/document/d/1KkW6iHSTc7EkPbm29Rv-xSg2BjfSHbfXS4Y5xclnZ8/edit>
- **Associate your Kroger Plus account with our team.** We earn money based on the number of participants.
 - Kroger Cards- Opportunity to get cash back from all purchases at Kroger's (gas, gift cards, and groceries)-
<https://www.kroger.com/communityrewards>
 - Sign in or create account, associate it with your current Kroger Plus Account and then search for our booster club, Eastern Track XC Boosters.
-  Welcome to Eastern XC 2025

Meeting Agenda

1) Team Expectations/Communication

- All athletes must submit required paperwork and fees before starting practice. If your physical expires during the season you should submit the new physical before attending practice.
- We use TeamApp as the primary tool for team communication. Download "Team App" if needed.
 - EasternXC- News, Events, Chat, Store, Documents
 - Subscribe to the TeamApp Calendar
 - This may change pending district guidance on communication.
- We expect a high level of commitment from athletes. We work with dual sport athletes.
- Athletes should be communicating with coaches about absences:  Athlete Absences XC 25
- New athletes: [How to Join Eastern Cross Country](#)

2) Practice Routine during Summer

- Posted on TeamApp already, Monday- Friday 8-10am (if hot weather dictates we will go earlier)
- [Summer Warrior Program](#)

3) Practice Routine during School (added to TeamApp today)

- Typical Routine, after school 3:40-5:30
- We are planning to travel to parks 2 days per week and athletes should be pickup up at park.
- Note about Fall Break. It is very near the end of our season. Be thoughtful in making plans that complement our team goals. Also, plan for Louisville Classic 10/3-4.

4) Required Equipment & Apparel

- Shoes, good shoes, new shoes purchased from a running specialty store
 - Monitoring shoe mileage, running volume impacts shoe needs
- Watch (that you know how to use for timing runs and splitting workouts)
 - Note about Garmin Watch Program

- Team Uniforms- Each athlete needs a team jersey and uniform shorts. We encourage each athlete to purchase their uniform, but can provide if families have financial need.

5) Meet Schedule- [Tentative 2025 XC Meet Schedule](#)

- Overnight Trip 8/23

6) Optional Team Apparel: Will be added soon

7) Injured Athlete Protocol ([Link to Injured athlete document](#))

- Speed in dealing with injuries is critical
- Requires collaboration between athletes, parents, coaches, trainers (and any medical practitioners)
- Cross Training can very quickly replace or reduce/complement running
- Parents help triage and communicate with coaches (or trainer if needed)

8) Booster Business

- Join the booster club- pay in TeamApp store
- Several key officers have recently graduated, looking for some new leaders.
 - Current Officers: President- Cassie Wofford, Treasurer- Erin Johnson
- Booster Committees
 - Social Committee- Plan banquets, senior night, team socials
 - Louisville Classic- Parent Lead for XC Meet
 - Spirit Wear- Assist Horan on Team Apparel, Team Shirts

9) Fundraising Opportunities

- Youth Running Camp (done)
- Louisville XC Classic- 10/3 & 10/4 **Very Big Event, lots of help needed!
- Business Sponsor Fundraiser-
 - Google Form: <https://forms.gle/vQQcGGF2ewvVnoUH8>
 - Printable Form: https://drive.google.com/file/d/1OojROBkDFBK8SzO6HfZ9WRjktPdeBC1_/view?usp=sharing
- Kroger- details at the top of page

10) Upcoming Volunteer Activities

- 10/3- Louisville Classic Elementary Races- all Eastern Athletes, plus parking parents
- 10/4- Louisville Classic College, HS, MS
- 11/16- Volunteer for Middle School XC Nationals @ Tom Sawyer